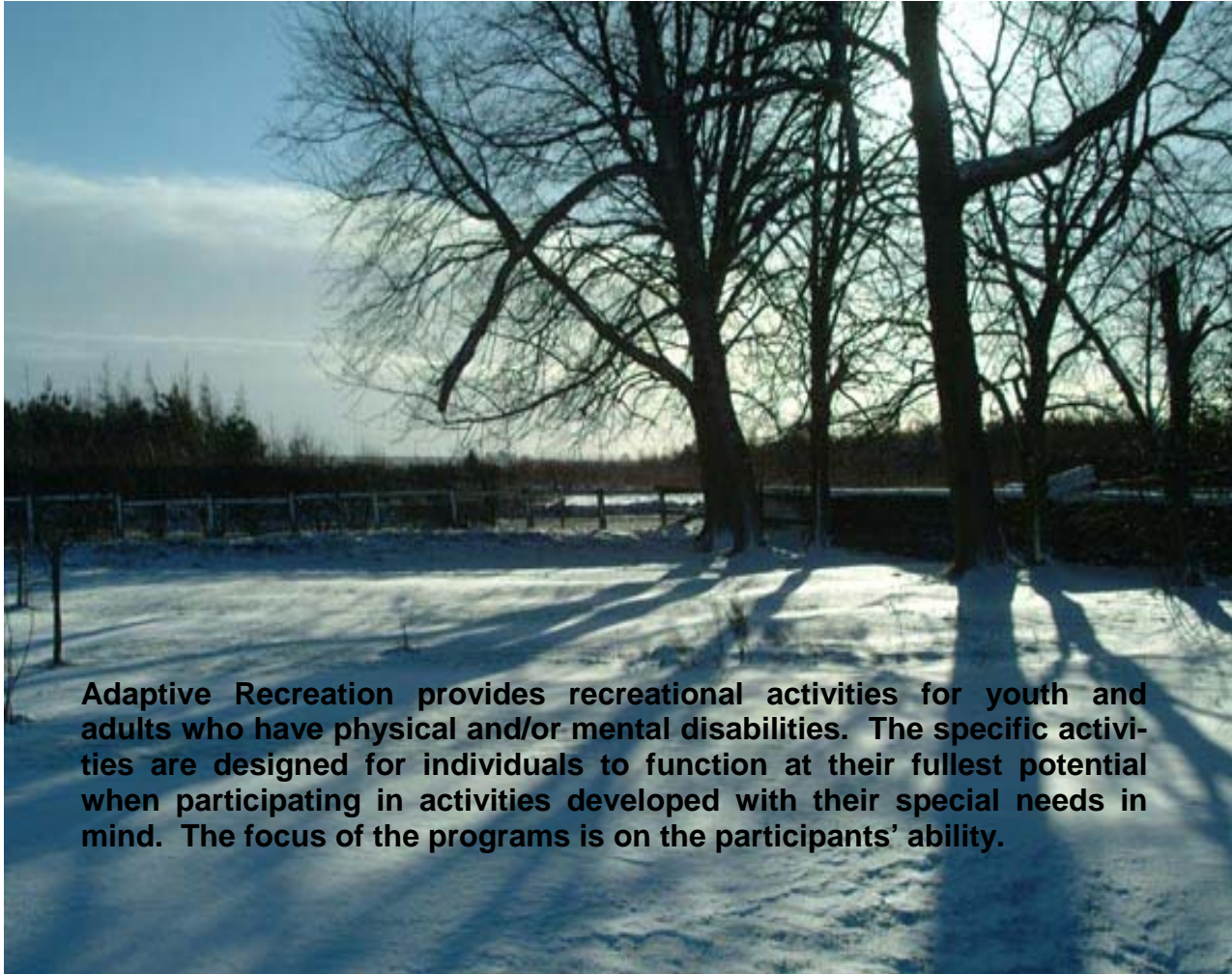


The Leisure Connection

December 2004 - February 2005



Adaptive Recreation provides recreational activities for youth and adults who have physical and/or mental disabilities. The specific activities are designed for individuals to function at their fullest potential when participating in activities developed with their special needs in mind. The focus of the programs is on the participants' ability.



INSIDE THIS ISSUE

December Activities 2

January Activities 3

February Activities 4-5

Ongoing Programs/Special Olympics Sports 6
Meetings 7

General Information 8

VSA's "12 Dancing Princesses" 9

Registration Begins on November 22

SPARE TIME BOWLING

(Ages 18 and up, Levels I, II, III)

Relax on a Friday afternoon with several games of bowling! This program teaches the basics of the game, promotes socialization and community awareness, as well as provides physical fitness. Includes two games of bowling at Village Lanes, Leesburg. You must register for this activity in person or by mail.

Friday, December 3, 17

2:45-4:45 PM

Location: Village Lanes, Leesburg

Depart: 1:15P from at-home**

2:15P from ECHO*

Return: 5:30P to NOVA*

5:45P to at-home**

Transportation is limited.

***Add \$2.00 for each way.**

**** Add \$2.50 for each way.**

Fee: \$10/1 session + transportation

Non-Resident Fee: \$15/1 session

Activity #: 241710-01



Participant Levels

Level I: Participants with mild disabilities who require minimal supervision. Participants need to be self-sufficient in personal care.

Level II: Participants with mild to moderate disabilities who require minimal to moderate supervision. Participants may require minimal assistance with personal care.

Level III: Participants with moderate to severe/profound disabilities who require one-on-one staff assistance.

SOCIALIZERS:

Ornaments & Cocoa

(Ages 18 and up, Levels I, II)

Register by mail or in person. We will drink hot cocoa while decorating ornaments for the holiday season.

Friday, December 10 3:00PM-5:00PM

Depart: 1:00pm from at-home**

2:15pm from ECHO*

2:30pm from DCC

Return: 5:00pm to NOVA

5:30pm to DCC

6:00pm to NOVA

6:15 pm to at-home

****Transportation is limited. Add**

\$2.50 each way. * Add \$2.00

Fee: \$5 includes ornaments, decorations and snack

Activity #: 241732-01

WILLY WONKA

At the Kennedy Center

(Ages 13 and up, Levels I, II)

The search for the Golden Ticket is on! This fun-filled stage musical features live actors, puppets and plenty of surprises and memorable songs. Register for this activity in person or by mail.

Friday, December 17

Depart: 3:00pm from at-home

3:30 pm from DCC

4:00pm from NOVA

Return: 9:30pm to DCC

10:00pm to NOVA

10:15pm to at-home

Transportation is limited.

Fee: \$25 plus optional money for snacks & souvenirs

Activity #: 241715-01



MOVIE MADNESS

(Ages 13 and up, Levels I, II, III)

Join us for a Saturday matinee. We'll spend our free time browsing local shops and grabbing some lunch.

Lunch is not included in fee. Register for this activity in person or by mail.

Saturday, December 18

Destination: Regal Cinemas, Sterling

Depart: 10:00A from at-home**

11:00A from DCC

11:30A from NOVA

Return: 5:00P to NOVA

5:30P to DCC

5:45P to at-home**

****Transportation is limited. Add**

\$2.50 each way.

Fees: Resident: \$14

Non-Resident: \$21

Activity #: 241730-01

Holiday Celebration

(All Ages, Levels I, II, III)

Celebrate the season with the Special Recreation Advisory Board.

We have many fun activities planned this year. Must register in person or by mail.

Saturday, December 11

Youth (5-17) 9:30am-11:00am

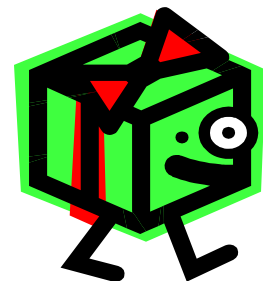
Activity # 241740-01

Adults (16&up) 12:30pm-2:30pm

Activity # 241740-02

Location: Senior Center at Cascades

FREE EVENT



SOCIALIZERS-

Mama Lucci's

(Ages 18 and up, Level II and III)

Enjoy an evening at this Italian/Greek food restaurant with your friends. Fee does not include dinner. Register for this activity in person or by mail.

Wednesday, January 19

Depart: 3:00pm from at-home**

4:15pm from ECHO*

Return: 7:00pm to NOVA

7:15pm to at-home**

****Transportation is limited. Add \$2.50 each way. * Add \$2.00 each way**

Fee: \$14

Activity #: 241732-02

MEN'S BASKETBALL:

GMU vs. UNCW

(Ages 13 and up, Levels I, II)

Come out and cheer on the GMU Patriots as they take on the UNC Wilmington Seahawks. Fee does not include a meal. Participants may bring money for refreshments. Register for this activity in person or by mail.

Saturday, January 8

Destination: George Mason University, Fairfax, Virginia

Depart: 5:30pm from DCC

6:00pm from NOVA

Return: 10:30pm to NOVA

11:00pm to DCC

Fee: \$16 plus optional money for snacks and souvenirs

Activity #: 241724-01



GEORGE
MASON
PATRIOTS

MEDIEVAL TIMES

(Ages 13 and up, Levels I, II)

Are you ready to experience a place where knights battle for their kingdom's honor while an exceptional feast is provided in a magnificent setting? If so, join us on a trip to medieval times. We'll watch a jousting match and much more while eating dinner. Fee covers show and dinner. Register for this activity in person or by mail.

Thursday, Jan. 13

Destination: Hanover, MD

Depart: 4:00 from ECHO

4:15 pm from DCC

4:45pm from NOVA

Return: 10:00 pm to NOVA

10:30pm to DCC

Fee: \$55

Activity #: 241731-01

MOVIE MADNESS

(Ages 13 and up, Levels I, II, III)

Join us for a Saturday matinee. We'll spend our free time browsing local shops. Please bring money for lunch and movie snacks. Register for this activity in person or by mail.

Saturday, January 22

Destination: Regal Cinemas, Sterling

Depart: 10:00A from at-home**

11:00A from DCC

11:30A from NOVA

Return: 5:00P to NOVA

5:30P to DCC

5:45P to at-home**

****Transportation is limited. Add \$2.50 each way.**

Fees: Resident: \$14

Non-Resident: \$21

Activity #: 241730-02

Participant Levels

Level I: Participants with mild disabilities who require minimal supervision. Participants need to be self-sufficient with personal care.

Level II: Participants with mild to moderate disabilities who require minimal to moderate supervision. Participants may require minimal assistance with personal care.

Level III: Participants with moderate to severe/profound disabilities who require one-on-one staff assistance.

SPARE TIME BOWLING

(Ages 18 and up, Levels I, II, III)

Relax on a Friday afternoon with several games of bowling! This program teaches the basics of the game, promotes socialization and community awareness, as well as provides physical fitness. Includes two games of bowling at Village Lanes, Leesburg, VA. You must register for this activity in person or by mail.

Fridays, January 28

Location: Village Lanes, Leesburg

Depart: 1:15P from at-home**

2:15P from ECHO*

Return: 5:30P to NOVA*

5:45P to at-home**

Transportation is limited.

***Add \$2.00 for each way.**

**** Add \$2.50 for each way.**

Fee: \$10/1 session + transportation

Non-Resident Fee: \$15/1 session

Activity #: 241710-02 January 14

241710-03 January 28

AIR & SPACE MUSEUM AT DULLES

(Ages 13 and up, Levels I, II)

Now we don't have to travel to D.C. to see the wonders of space and aviation. We have an even larger museum here in Loudoun. Even if you're not an aircraft buff, you'll be amazed by this awesome museum! Register by mail or in person.

Saturday, January 29

Depart: 11:30am from at-home

12:30pm from DCC

1:00pm from NOVA

Return: 5:00pm to NOVA

5:30pm to DCC

5:45pm to at-home

Fee: \$16 plus snacks

Activity #: 241739-01



CLAY CAFÉ

(All ages, Levels I, II, III)

Do you like to be creative? If so, join us at the Clay Café where we will paint and design our own pottery. All materials are non-toxic, and are usable after glazing and firing. We have an hour and a half to create our own designs. Please register for this activity by mail or in person.

Friday, February 4

Location: Chantilly, VA

Depart: 1:15pm from at-home**

2:15pm from ECHO*

2:30pm from DCC

3:00pm from NOVA

Return: 8:00pm to NOVA

8:30pm to DCC

8:45pm to at-home

****Transportation is limited. Add \$2.50 each way. * Add \$2.00 each way**

Fee: \$30

Activity #: 241741-01

NATIONAL AQUARIUM

(Ages 13 and up, Levels I, II)

Saturday, February 5

Depart: 10:00am from NOVA

10:30am from DCC

Return: 5:30pm to DCC

6:00pm to NOVA

Fee: \$28 plus dinner/souvenirs

Activity #: 241733-01



HOCKEY

WASHINGTON CAPITALS vs. BOSTON BRUINS

(Ages 13 and up, Levels I, II)

Come support the Capitals as they battle it out with the Bruins. Register for this activity in person or by mail.

Sunday, February 6

Destination: Washington, DC

Depart: 10:30am from at-home*

11:00am from DCC

11:30am from NOVA

Return: 4:00pm to NOVA

4:30 pm to DCC

4:45 pm to at-home

Fee: \$35 plus optional money for snacks and souvenirs

Activity #: 241712-01

SPARE TIME BOWLING

(Ages 18 and up, Levels I, II, III)

Relax on a Friday afternoon with several games of bowling! This program teaches the basics of the game, promotes socialization and community awareness, as well as provides physical fitness. Includes two games of bowling at Village Lanes, Leesburg, VA. You must register for this activity in person or by mail.

Fridays, February 11 & 25

Time: 2:45-4:45 PM

Location: Village Lanes, Leesburg

Depart: 1:15P from at-home**

2:15P from ECHO*

Return: 5:30P to NOVA*

5:45P to at-home**

Transportation is limited.

***Add \$2.00 for each way.**

**** Add \$2.50 for each way.**

Fee: \$10/1 session + transportation

Non-Resident Fee: \$15/1 session

Activity #: 241710-04 February 11

241710-05 February 25

SNOW TUBING

(Ages 18 and up, Level I)

We're heading to the hills for some winter fun! We will be on the slopes for approximately 2 hours, and we will stop for dinner on the way home. Participants must complete a Ski Cove Release of Liability form. Register for this activity in person or by mail.

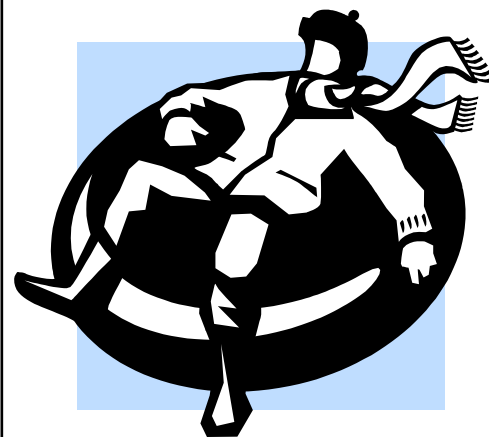
Saturday, February 12

Depart: 12:30pm from DCC

Return: 8:00pm at DCC

Fee: \$27 plus dinner

Activity #: 241743-01



Participant Levels

Level I: Participants with mild disabilities who require minimal supervision. Participants need to be self-sufficient in personal care (ie, toileting, feeding)

Level II: Participants with mild to moderate disabilities who require minimal to moderate supervision. Participants may require minimal assistance with personal care (ie, toileting, feeding).

Level III: Participants with moderate to severe/profound disabilities who require one-on-one staff assistance with personal care.

Socializer's Valentine's Dance

(Ages 18 and up, Levels I, II & III)

Monday, February 14

7:00P-9:00P

Activity #: 241732-03

You don't need a date, just come and dance.

Have fun with your friends and have your picture taken together.

GOOD FOOD

MUSIC

GREAT FUN!

Leesburg Senior Center, 215 Depot Court, Leesburg, VA

HOLD THE ANCHOVIES

(Ages 13 and up, Levels I, II, III)

Come make and eat some homemade pizza made by Ms. Betty. You've never tasted pizza like this before.

Friday, February 18

Depart: 1:00pm from at-home**

2:15pm from ECHO*

Return: 5:30 to DCC

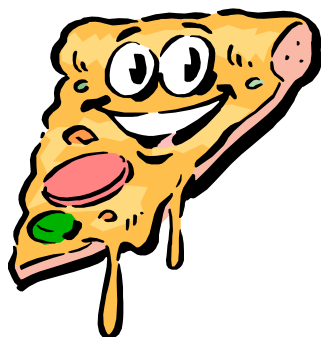
6:00pm to NOVA

6:15pm to at-home**

****Transportation is limited. Add \$2.50 each way. * Add \$2.00 each way**

Fee: \$10

Activity #: 241726-01



MOVIE MADNESS

(Ages 13 and up, Level I, II, III)

Join us for a Saturday matinee at the Regal Cinemas. We'll spend our free time browsing local shops and we will stop for some lunch. Register for this activity in person or by mail.

Saturday, February 19

Location: Regal Cinemas, Sterling

Depart: 10:00A from at-home**

11:00A from DCC

11:30A from NOVA

Return: 5:00P to NOVA

5:30P to DCC

5:45P to at-home**

****Transportation is limited. Add \$2.50 each way.**

Fees: Resident: \$14

Non-Resident: \$21

Activity #: 241730-03

SHENANDOAH VALLEY DISCOVERY MUSEUM

(Ages 13 and up, Levels I, II, III)

"To touch is to explore, to explore is to discover, to discover is to learn." Come experience a variety of interactive, hands-on exhibits and programs which focus on the sciences, mathematics, the humanities and art. Fee does not include lunch. Please register for this in person or by mail.

Saturday, February 26; 8:30A-6:00P

Depart: 8:30am from at-home

9:00am from DCC

Return: 6:00pm to DCC

6:15 to at-home

****Transportation is limited. Add \$2.50 each way. * Add \$2.00 each way**

Fee: \$9 plus lunch

Activity #: 241725-01

Ongoing Programs / Special Olympics Sports

VSA arts Da Vinci (All ages, Levels I, II, III)

Have you always wanted to express yourself with art? Drop by the Davinci program and show your creative abilities with art. There are many different projects you can choose from. Pay fee to instructor. Fee covers supplies for a variety of art mediums.

DROP-IN \$10/session

Every Tuesday & Thursday 10:00A-11:00A

Saturday Leisure (Ages 13 and up, Levels I, II)

In partnership with LARC and ECHO, this program provides supervised recreational activities with a 1:3 staff ratio in a safe and relaxed setting for individuals with disabilities. Registration and payment is through the LARC office at 703-777-1939 ext. 5.

DROP-IN 9:00A-4:00P

1st & 3rd Saturday monthly

Aurora School, Purcellville

2nd & 4th Saturday monthly

Leesburg Senior Café at PRCS office

Depart: 8:30A from NOVA*

9:00A from DCC**

Return: 4:00P to DCC**

4:30P to NOVA*

Transportation is limited.

* **\$3.00 each way**

** **\$2.00 each way**

Fee: \$20.00



Special Olympics
Virginia
Loudoun County

SPECIAL OLYMPICS SPORTS

TEAM BOWLING

(Ages 8 and up)

Begins: Nov 14

Practices: Sundays 12-2pm

Location: Village Lanes in Leesburg

BASKETBALL

(Ages 8 and up)

Begins: Dec 1

Practices: Wednesdays 5:30-7pm

CHEERLEADING

(Ages 8 and up)

Location: All Star Legacy Gym, Ashburn

Practices: Fridays, 5:30-7pm

Begins Oct 22

EQUESTRIAN

(Ages 8 and up)

Loudoun County would like to begin an equestrian team. If you are interested in becoming an equestrian athlete, volunteer, or coach, please call 703-737-8837

GYMNASTICS

(Ages 8 and up)

Loudoun County would like to establish a new gymnastics program. If you are interested in becoming an athlete, volunteer, or coach please contact Sarah at 703-777-0438.

Please Contact Sarah Tinsley, Special Olympics Coordinator at 703-777-0438 for more information.

MEETINGS



Special Olympics Virginia Loudoun County

Loudoun County Special Olympics Winter and Spring Sports (Ages 8 and up)

Winter sports include team bowling, cheerleading, gymnastics, and equestrian. Spring sports include basketball. Athletes may join teams at any time during the season. Please call Sarah Tinsley at 703-777-0438 for practice times, locations and eligibility requirements.

Special Olympics Committee Meeting (Ages 18 and up)

Join us as we begin another great year of Special Olympics training and events. This event is intended for current athletes and volunteers, as well as those who are interested in finding out more about the program. For more information, call Sarah Tinsley at 703-777-0438.

Mondays, Dec. 6, Jan. 3, Feb. 7

Time: 6:00-7:00PM

Location: PRCS Office

Special Recreation Advisory Board, Inc.

Volunteer board members meet to discuss events, community awareness, fundraising and sponsorships. New members should call Ernest Nunez at 703-771-5010

Tuesdays, Dec. 14, Jan. 11, Feb. 8

Time: 5:30-7:00 PM

Location: PRCS office



SPECIAL RECREATION
ADVISORY BOARD



VSA arts of Virginia

VSA arts of Virginia-Loudoun County Committee Meeting

Volunteer members meet to plan future visual and performing arts events, workshops, community awareness opportunities and fundraising. New members are welcome. Please call Amy Wilcox at 703-737-8837.

Mondays, Dec. 27, Jan. 24, Feb. 28

Time: 5:45-7:00 PM

Location: PRCS office

GENERAL INFORMATION

ADAPTIVE RECREATION STAFF:

Adaptive Recreation Coordinator: Maria Auger

I am the new Adaptive Recreation Coordinator. I am a certified therapeutic recreation specialist. I look forward to meeting all the people involved in adaptive recreation programs.

Phone: (703) 771-5013
mauger@loudoun.gov

Adaptive Recreation Specialists: Ernesto Nunez

I studied Recreation Therapy at Brigham Young University and finished in December of '03. I have been with Parks and Rec since January and I am in charge of the Adaptive Recreation Summer Camps and Adult Day Trip activities.

Phone: (703) 771-5010
Enunez@loudoun.gov

Amy Wilcox

I am a certified therapeutic recreation specialist, with a lot of experience in various disability groups. I am in charge of the VSA program for Loudoun County. My favorite hobby is horse-back riding.

Phone: (703) 737-8837
awilcox@loudoun.gov

Sarah Tinsley

I have a degree in exercise physiology and a minor in adaptive physical education. I am Special Olympics Coordinator for Loudoun County.

Phone: (703) 777-0438
stinsley@loudoun.gov

Cancellation Policy

Adaptive Recreation will now offer a refund (credits will no longer be issued) if any activity is canceled due to insufficient registration or other reasonable causes. In the event of a cancellation, participants will be called three business days prior to the date of the activity. If you need to cancel an activity registration, you must do so in writing at least three business days prior to the date of the activity. (This will assist in accommodating waiting list and program schedules.) Refund checks will be issued upon approval of the request. Contact the appropriate specialist for assistance.

Ernest Nunez, Summer Camp and Adult Programs Specialist : 703-771-5010

Amy Wilcox, VSA and DaVinci Specialist : 703-737-8837

Sarah Tinsley, Special Olympics Coordinator/ Specialist : 703-777-0438

Financial Support

For qualifying families, financial support may be available for reimbursement of Loudoun County Parks, Recreation and Community Services activities. The major qualification for respite is a MR diagnosis. Do not hesitate; call MR Services at 777-0377 now and ask for Pam Compher. Limited scholarships are also available from the Special Recreation Advisory Board.

At-home Transportation

Limited slots are available. Priority will be given to those without family, caregivers or staff resources. Transportation will be confirmed within three business days prior to the activity. At-home transportation is only available when listed with the activity. The fee is \$2.50 each way.

Participant Levels

Level I: Participants with mild disabilities who require minimal supervision. Participants need to be self-sufficient in personal care.

Level II: Participants with mild to moderate disabilities who require minimal to moderate supervision. Participants may require minimal assistance with personal care.

Level III: Participants with moderate to severe/profound disabilities who require one-on-one staff assistance.

Integration Opportunities

Individuals with disabilities are entitled to recreation opportunities. Adaptive Recreation encourages its participants to integrate into all Loudoun County Parks, Recreation and Community Services programs. Please call staff for any assistance or information you may need.

ADA

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, call Adaptive Recreation at least one week prior to the start of the activity.

Main # 703-777-0343
TTY# 703-771-5352



Key

ACC Arcola Community Center
DCC Douglass Community Center
FH Friendship House, Leesburg
GH Group Home, Purcellville
LCC Lucketts Community Center
LVCC Loudoun Valley Community Center
NOVA Northern Virginia Community College
(Rt. 7, 1st Parking Lot on right)
SCC Sterling Community Center
SCCA Sterling Community Center Annex

12 DANCING PRINCESSES

VSA arts of Virginia-Loudoun County Production

Performance Dates

Feb. 26 7PM

Feb 27 2PM

March 6 7PM

March 7 2PM

Auditions :

Nov 9, 5:30-8:30PM

At Round Hill Center

Rehearsals:

Every Tues and Thurs 5:30-7:30PM

Starting Dec 2 at Round Hill Center

For more information or to Sign-up

Please call or email:

Amy Wilcox at 703-737-8837

awilcox@loudoun.gov

